Learning Objectives

Goals and Objectives Module

1. Define and distinguish between goals and objectives.

2. Identify the six criteria for a "good goal."

3. Determine whether statements meet specified criteria to be "good goals."

4. Identify five criteria that make objectives SMART.

5. Determine whether a statement meets SMART objective criteria.

6. Describe how good goals and SMART objectives are related to CDC/DASH work plans and *Indicators for School Health Programs*.

7. List the steps to construct good goals and SMART objectives in a work plan.

8. Recognize the benefits of having good goals and SMART objectives.